

WHAT TO SAY WHEN YOU CALL 911

1. Act as quickly as possible at the first sign of symptoms of a reaction.
2. Give child a shot of epinephrine and a dose of liquid antihistamine (Benadryl or Reactine).
3. Call 911 and say the following:

Hello, this is a medical emergency.

*My name is _____, at (address). I have a (age of child) year old child with severe food allergies who's experiencing an anaphylactic allergic reaction to (type of food). I have already given her a shot of epinephrine and some liquid antihistamine. Please send your people as quickly as possible, and **tell them to bring more epinephrine with them**. The child may require an additional dose of epinephrine.*

4. Stay as calm as possible for the child's sake. If the child has a special toy, doll, or stuffed animal, make sure it's available for comfort.
5. When the paramedics arrive let them know if the child is wearing a MedicAlert bracelet and have all the information that they may require close by, including notes on any other symptoms you may have noticed while they were on their way.